

SEEKONK COUNCIL ON AGING

December 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Senior Exercise at Seekonk Total Fitness \$1 11:30 - 12:15</p>	<p>3</p> <p>Seekonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30 am By: GATRA GATRA: 1-800-483-2500</p>	<p>4</p> <p>Virtual Dementia Tour @ 10am Lunch: Roasted Chicken for \$2 Pitch 12:30pm - 2:30pm</p> <p>Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm</p>	<p>5</p>	<p>6</p> <p>Wii Fun 10:00am</p> <p>Yultide Newport Trip</p> <p>Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm</p>
<p>9</p> <p>Senior Exercise at Seekonk Total Fitness \$1 11:30 - 12:15</p>	<p>10</p> <p>Seekonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am By GATRA GATRA: 1-800-483-2500</p>	<p>11</p> <p>Christmas Party with Barney Mallon @ 10am Lunch: Roast Beef Dinner for \$2</p> <p>Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm</p>	<p>12</p> <p>Men's Breakfast @ 8:30 am Toti's Restaurant</p>	<p>13</p> <p>Wil Fun 10am</p> <p>Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm</p>
<p>16</p> <p>Senior Exercise at Seekonk Total Fitness \$1 11:30 - 12:15</p>	<p>17</p> <p>Seekonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am By GATRA GATRA: 1-800-483-2500</p>	<p>18</p> <p>Pitch 12:30pm - 2:30pm</p> <p>Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm</p>	<p>19</p> <p>Newport Playhouse Trip</p> <p>Women's Brunch @ 10:00am Toti's Restaurant</p>	<p>20</p> <p>Wii Fun 10am</p> <p>Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm</p>
<p>23</p> <p>Senior Exercise at Seekonk Total Fitness \$1 11:30 - 12:15</p>	<p>24</p> <p>We will be closing at 12:30pm for the Holiday</p>	<p>25</p> 	<p>26</p>	<p>27</p> <p>Wii Fun 10am</p> <p>Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm</p>
<p>30</p> <p>Senior Exercise at Seekonk Total Fitness \$1 11:30 - 12:15</p>	<p>31</p> <p>Seekonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am By GATRA GATRA: 1-800-483-2500</p>			

